

— Hold on to your — **Pillow**



Want to know one of the keys to a healthier life? It's sleep. Quality sleep. Studies have shown that getting a good night's sleep can improve your overall well-being.

If you are not sleeping enough, you could be compromising your body's ability to fight certain diseases, like diabetes, cardiovascular disease, obesity, and depression.

Not getting enough sleep can also impair your brain function. Just as dangerous as drunk driving, insufficient sleep is responsible for automobile and large machine crashes, causing substantial injury and disability every year.

Looking for support to help you create a healthier lifestyle – including getting some sleep? Call Alere Health Coaching. Work with a personal coach who will help you make improvements to relax, eat healthier and get active – all things that can impact your health and well-being. With Alere Health Coaching, you have the flexibility of working with a health coach by phone, secure email or online chat.

How much sleep does your family need?

AGE	DAILY RECOMMENDED SLEEP
0–2 months	12–18 hours
3–11 months	14–15 hours
1–3 years	12–14 hours
3–5 years	11–13 hours
5–10 years	10–11 hours
10–17 years	8.5–9.25 hours
18 years and up	7–9 hours

Participation is free and totally confidential.
Call **(866) 674-9103** or enroll at
<https://delawell.alerehealth.com>.

